



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood YMCA

July 8-August 16

Monday Tuesday Wednesday Thursday Friday Saturday

PARENT/CHILD LEVELS (6 months-3 years)

Parents or other care-providers accompany children in the water for levels A and B.

A	WATER DISCOVERY		6:30-7:00p				
B	WATER EXPLORATION						

PRESCHOOL-AGED LEVELS (3-5 years) Swim Basics Stage 1-3

Students must be fully potty trained and comfortable without a parent in the water.

1PS	WATER ACCLIMATION	5:45-6:15	5:45-6:15	5:45-6:15	6:20-7:50		
2PS	WATER MOVEMENT	5:45-6:15	5:45-6:15	5:45-6:15	6:20-7:50		
3PS	WATER STAMINA	5:45-6:15	5:45-6:15	5:45-6:15	6:20-7:50		
4PS	STROKE INTRODUCTION		5:45-6:15				

SCHOOL-AGED LEVELS (6-10 years)

Swim Basics Stage 1-3 Swim Strokes Stage 4-7

1SA	WATER ACCLIMATION	6:20-6:50	5:45-6:15	6:20-6:50	5:45-6:15		
2SA	WATER MOVEMENT	6:20-6:50	6:20-6:50	6:20-6:50	5:45-6:15		
3SA	WATER STAMINA		6:20-7:00		5:45-6:15		
4SA	STROKE INTRODUCTION	6:20-7:00	6:20-7:00	6:20-7:00	5:45-6:25		
5SA	STROKE DEVELOPMENT						
	Pre-Swim Team		6:20-7:20				
	Adult Lessons						

Swim Lesson Fee:

Member \$65.00

Non-Member \$85.00

Lesson Dates: July 8- August 16

Classes meet one time per week for 6 weeks

Questions?

Please Contact : Theresa Sheridan Regional Aquatics Director tsheridan@lansingymca.org